fitbit force™

Wireless Activity + Sleep Wristband

Product Manual

Version 1.0

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Getting Started

Welcome

Welcome to Fitbit Force, the high-performance wristband tracker that helps you meet your fitness goals.

What's included

Your Fitbit Force Wireless Activity + Sleep Wristband box includes:

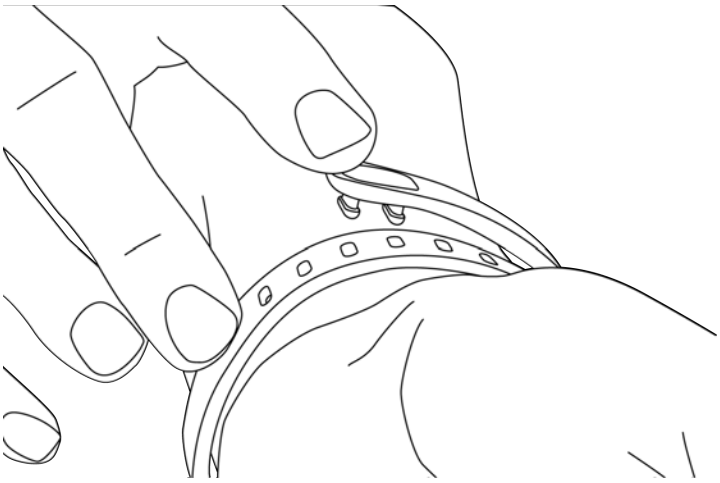
Force wristband

Charging cable

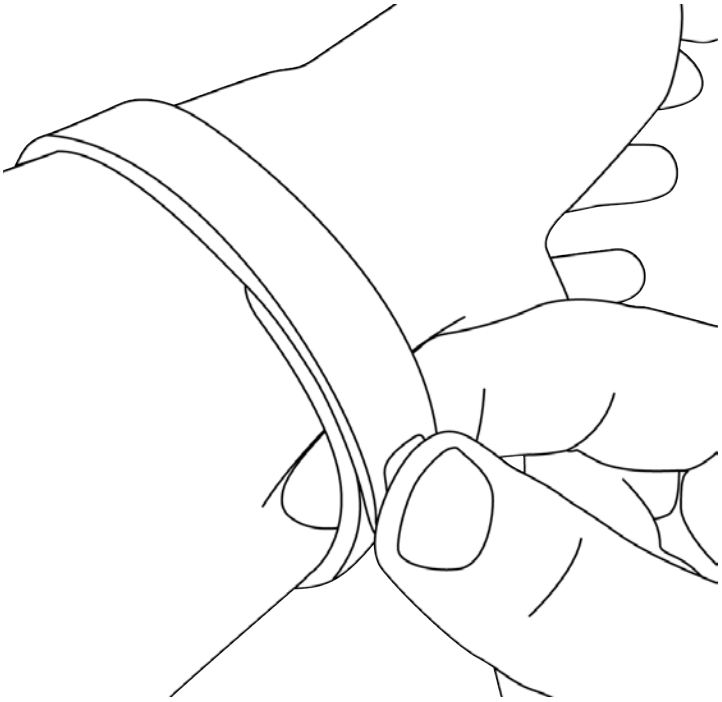
Wireless sync dongle

How to put on your Force

1. Put on the wristband so the screen is closest to the outside of your wrist and facing you.
2. Align both ends of the wristband so they are directly overlapping each other with the clasp over the two holes that best fit your wrist.



3. Squeeze both the clasp and the wristband between your thumb and forefinger until you hear a soft click.



You'll know your Force wristband is securely fastened if both pegs on the clasp are fully inserted.

NOTE: If you're having trouble, try securing the wristband off your wrist to get a feel for how it securely clasps and then try again on your wrist.

Setting up Fitbit Force Using a Computer

Mac & PC requirements

Software
Mac OS 10.5 or later
Internet Connection

Hardware
USB port

Software
Windows XP, Vista, 7, 8
Internet Connection

Hardware
USB port

Installing Fitbit Connect on a computer

Fitbit Connect is the software application that connects your Force wristband to your Fitbit.com dashboard and services. It's free to download at Fitbit.com.

Mac installation

1. Go to http://www.fitbit.com/setup.
2. Verify that Mac is highlighted and click the Download Here button below Force.
3. Double-click the .dmg file in your Downloads folder.

NOTE: If the file does not appear on your desktop, search for "Fitbit Connect" using the Spotlight search feature.

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4. Run the Fitbit Connect installation package by double-clicking Install Fitbit Connect.pkg.
5. Follow the onscreen instructions to complete setup.

PC installation

1. Go to http://www.fitbit.com/setup.
2. Verify that PC is highlighted and click the Download Here button below Force.
3. Go to your Downloads folder and double-click the FitbitConnect_Win.exe file.
4. Choose your language and follow the onscreen instructions.

Pairing to a computer

Once Fitbit Connect is installed on your computer, you can pair your Force to your account. This will allow you to sync your data and manage device settings.

Onscreen setup instructions guide you through the pairing process. Use the following steps if the setup guide doesn't appear.

1. Mac users: On the Menu Bar of your Mac, click the Fitbit Connect icon and choose Open Main Menu.
   PC users: In the Windows System Tray, right-click the Fitbit Connect icon and choose Open Main Menu.
2. From the main menu, select Set Up a New Fitbit Device.
3. Account Setup:
   a. Select New to Fitbit to set up your device if you don't already have a Fitbit.com account.
   b. Select Existing User to log into your existing Fitbit.com account and replace an existing device with your Force.

   NOTE: Only one Fitbit tracker can be paired to an account.

4. Enter or confirm your personal information and click Next. This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. By default this personal information is visible only to your friends, but you can adjust your privacy settings from your Fitbit.com account to control what information is shared with others.
5. Choose Force and follow the onscreen instructions to power on your Force.
6. Insert the wireless sync dongle into your computer and click Next.
7. Fitbit Connect will search for your Force. Once found, a four-digit number will appear on your Force display. Enter this number where prompted and click Next.
8. You're all set. Follow the onscreen instructions to put on your wristband and view an introduction.

Wireless sync to a computer

Wireless syncing to Fitbit.com is automatic, as long as:

- Your computer is powered on, awake, and connected to the internet
- The wireless sync dongle is plugged in
- Fitbit Connect is installed and running

When your Force is within 15-20 feet of your computer, it will sync every 15 minutes.

You can manually sync your Force by clicking on the Fitbit Connect icon that is located near the time and date on your computer. Select Sync Now to start the manual sync.

Setting up Fitbit Force Using a Mobile Device

Mobile device requirements

You can set up and sync your Force using select mobile devices that support Bluetooth 4.0 technology. To see if your mobile device is compatible with your Force, visit http://www.fitbit.com/devices.

NOTE: If your mobile device is not compatible to sync via Bluetooth 4.0, you can still use the Fitbit app to view your data and track your progress, you'll just need to set up and sync using a Mac or PC.

Installing the Fitbit app

You can find the Fitbit app on the iOS App store or Google Play store by searching for "Fitbit." If you already have the Fitbit app installed, check for available updates to make sure you have the latest version.

iOS pairing

Unlike most Bluetooth accessories, like headsets, your Force must be paired directly through the Fitbit app, not through the Settings app on your iOS device.

1. Open the Fitbit app.
2. Create an account:
    a. Select Set up if you don't already have a Fitbit.com account.

    NOTE: Click Log In if you're an existing Fitbit app user. Only one Fitbit tracker can be paired to an account.

    If you're replacing an existing tracker, at the top of your dashboard tap Force and then Set up a new Fitbit device.

    b. Tap Force and then New to Fitbit.
    c. Enter the email address and password for your Fitbit account and tap Next.
    d. Enter your personal details, then select Save. This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. By default this personal information is visible only to your friends, but you can adjust your privacy settings on the Fitbit website to control what information is shared with others.

3. Follow the onscreen prompts to power on your Force. The app will begin searching for it.
4. Once the Force is found, enter the four digits that appear on its display and click Next.
5. Once the Fitbit app shows the message “Your Force is linked to Fitbit” you can tap Next to see an introduction to Force.

NOTE: If you experience trouble pairing your Force, you can get support at http://help.fitbit.com.

iOS syncing

Your Force can sync directly to supported iOS devices via Bluetooth. To see if your iOS device is compatible with your Force, go to http://www.fitbit.com/devices.

Syncing occurs automatically every time you open the Fitbit app, as long as Bluetooth is enabled in the iOS settings.

Manual sync

To initiate a manual sync while the app is already open, tap “Force” at the top of your dashboard and tap the Sync Now icon.

Real-time dashboard

You can use the Fitbit app to see your stats update in real time. Open the Fitbit app. Once your Force syncs, a message stating that the Force is connected will appear at the top of the screen. Take a few steps to see your stats update instantly.

Background sync

The Fitbit app also supports background sync. This setting allows your Force to sync with your iOS device while the Fitbit app is running in the background. Background sync is on by default.

To turn background sync on or off, tap Force on your dashboard and adjust the Background Sync toggle as desired.

Android pairing

Unlike most Bluetooth accessories, your Force must be paired directly through the Fitbit app, and not through your Android device’s Bluetooth preferences.

1. Open the Fitbit app.

2. Create an account:
    a. Select Set up if you don't already have a Fitbit.com account.

NOTE: Are you an existing Fitbit app user? Only one Fitbit tracker can be paired to an account.

If you're replacing an existing tracker, log into your account and tap the Menu button > Devices > Set up new device.

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    b. Tap Force and then enter the email address and password for your Fitbit account.
    c. Enter your personal details and tap Save. This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. By default this personal information is only visible to your friends, but you can adjust your privacy settings on the Fitbit website to control what information is shared with others.

3. Follow the onscreen prompts to power on your Force. The app will begin searching for it.
4. Once the Force is found, enter the four digits that appear on its screen and click Next.
5. Once the Fitbit app shows the message "Your Force is linked to Fitbit" you can tap Next to see an introduction.

Android syncing

Your Force can sync directly to supported Android devices via Bluetooth. To check if your Android device is compatible with your Force, see http://www.fitbit.com/devices.

Syncing will occur automatically when you open the Fitbit app if Bluetooth is enabled in both the Android device settings and the Fitbit app. To turn on Bluetooth in the Fitbit app, tap the Menu button > Devices > check Use Bluetooth.

Tap to open app using Near-Field Communication (NFC)

Your Force is equipped with Near-Field Communication (NFC) technology, allowing it to interact with Android devices that support this feature.

With the screen on and unlocked, hold your Android device to your Force's display. You may need to adjust the location based on where your Android device's NFC chip is located.

After a moment, the Fitbit app will automatically open. If you haven't opened the Fitbit app recently, launching will automatically sync via Bluetooth.

Manual sync

To initiate a manual sync with your Force and Fitbit.com:

1. Open the Fitbit app.
2. Tap the Menu button.
3. Tap Devices.

NOTE: Make sure Use Bluetooth is checked.

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4. Tap Force.
5. Tap the Sync Now icon.

Background sync

The Fitbit app also supports background sync. This setting allows your Force to sync with your Android device while the Fitbit app is in the background or minimized.

To turn on background sync, tap the menu button > Devices > Force > Background Sync.

Tracking with Fitbit Force

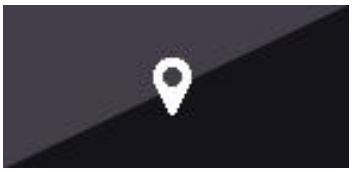
Your Force tracks:

- Steps taken
- Distance traveled
- Floors climbed
- Very active minutes
- Calories burned
- Hours slept
- Quality of sleep

To scroll through your stats simply press the button on the side of your Force. You'll see the time followed by an icon and stat in turn. If you have an alarm set, your display will also show the next alarm time.

Time

Steps Taken



Distance Traveled

Floors Climbed

Very Active Minutes

Calories Burned

Tracking sleep with Force

Your Force can track the hours you sleep and your movement during sleep to help you understand your sleep quality.

To enter sleep mode, press and hold the button on the side of your Force. You'll feel a vibration and a stopwatch icon will appear, indicating that sleep mode has begun.

When you wake up, exit sleep mode by pressing and holding the button until it vibrates. Log into Fitbit.com and go to Log > Sleep to view last night's sleep summary. You can also view the information on your mobile device.

If you forget to put your Force into sleep mode, you can always enter your sleep time at http://www.fitbit.com/sleep.

Tracking sleep on your mobile device

You can track your sleep using the Fitbit app on your mobile device.

To track sleep on your iOS device:

1. Open the Fitbit App.
2. Scroll down your dashboard and tap the sleep tile.
3. Tap the + button in the top-right corner.
4. Tap Begin Sleep Now.

To track sleep on your Android device:

1. Open the Fitbit app.
2. Tap the menu in the top-left corner of the app.
3. Tap Sleep.
4. Tap the + button in the top-right corner.
5. Tap Begin Sleep Now.

If you forget to track your sleep you can manually log it the next morning by following the steps above for tracking sleep on an iOS or Android device but choosing Add Sleep Log instead of Begin Sleep Now.

If you close the Fitbit app by pressing the home button, your sleep will continue to be tracked. When you awaken, just open the Fitbit app again and tap I'm Awake, then tap View Summary to see a summary of your sleep.

Tracking goals with Force

Your Force is designed to track your progress towards a main goal that you define on your dashboard. The goal can be set for steps taken, distance traveled, calories burned, floors climbed, and very active minutes. A progress bar below your goal keeps you motivated throughout the day. When you reach your goal your Force will vibrate and flash to celebrate.

To choose the specific goal you want to track:

1. Log in to your Fitbit.com dashboard.
2. Click the gear icon in the top-right corner of the page.
3. Click Settings.
4. Click Devices.
5. Under Main Goal, choose the goal you would like to track on your Force.
6. Sync your Force to send the new goal to your tracker.

Once you've chosen which goal you want to track, you can set a specific value for that goal on the dashboard page or using the Fitbit app for mobile. For example, instead of the default 10,000 steps per day, you may want your goal to be 15,000 per day. To change your goal value using the dashboard:

1. Log into your Fitbit.com dashboard.
2. Find the tile that corresponds to your goal.

3. Click the gear icon in the lower left corner of the tile.
4. Change your Daily Goal value.

Tracking activities with Force

Your Force automatically tracks your steps taken, distance traveled, floors climbed, very active minutes, and calories burned throughout the day. Using the activity mode feature you can track a specific activity in greater detail. Activity mode works similar to the trip mode on a car's odometer. For example, if you put your tracker in activity mode and go for a run, once you stop activity mode at the end of the activity and sync your data, you'll see an entry on your activity log. The entry provides a summary of the activity's stats as well as a minute-by-minute graph.

To put your Force in activity mode, press and hold the button until a stopwatch icon appears. When you complete the activity, press and hold the button again to turn off activity mode.

Wearing your Fitbit Force

Your Force is designed to be most accurate when worn on your wrist. If you need help securing your wristband, see How to put on your Force.

Wearing on your dominant vs. non-dominant wrist

To get the most accurate reading from your Force, you can configure whether you are wearing the wristband on your dominant or non-dominant wrist.

NOTE: Your dominant wrist is that which you use for most day-to-day activities, e.g., writing, washing dishes, or throwing a ball.

To configure this setting:

1. Log in to Fitbit.com.
2. Click the gear icon in the top-right corner of the dashboard.
3. Click Settings.
4. Click Devices on the left sidebar.
5. Under Dominant Hand choose the correct setting.

NOTE: Changes to this setting will not appear until you sync your Force.

Using your Force in wet conditions

Your Force is water resistant. It should not be used while swimming or showering but is splash, rain, and sweat-proof.

Using Silent Alarms

Your Force gently vibrates to wake or alert you with its silent alarm feature. You can set alarms using your computer or a compatible mobile device.

Silent alarms can be configured to recur every day or on particular days of the week.

You can set up to eight alarms on your Force.

NOTE: Setting multiple alarms may diminish the battery life of your Force.

Setting silent alarms from a computer

You can set silent alarms from your computer by using the Fitbit.com dashboard.

1. Log in to your Fitbit.com dashboard.
2. Click the gear icon in the top-right corner of the page.
3. Click Settings.
4. Click Silent Alarms.
5. Click the Add Alarm button.
6. Enter the time you want the alarm to alert you.
7. Choose how often you want the alarm to occur:
    a. Once – Your alarm will alert you at the specified time and not repeat.
    b. Repeats – Choose which days you want this alarm to repeat every week.
8. Click Save.

Your new alarm will be saved to your Force the next time you sync your tracker. If you want to sync the alarm immediately, open Fitbit Connect and select Sync Now.

Setting silent alarms from an iOS device

To set silent alarms using the Fitbit app for iOS, Bluetooth must be enabled in your iOS Settings app.

Your iOS device also must support wireless sync. To see if your device is supported, go to http://www.fitbit.com/devices.

1. Open the Fitbit app.
2. Tap Account.
3. Tap Silent Alarms.
4. Tap Add a new alarm.
5. Set the time by adjusting the click-wheel.
6. If you prefer, tap the days of the week you want this alarm to repeat.
7. Tap Save.

Your iOS device will now sync the alarm to your Force.

Make sure your Force is nearby in order to sync your alarm. To manually sync the alarm, tap More > Devices > choose Force > tap the Sync Now icon.

Setting silent alarms from an Android device

To set silent alarms using the Fitbit app for Android, Bluetooth must be enabled in your Android device settings, as well as the Fitbit app Devices screen.

Your mobile device also must support Wireless Sync. To check if your device is supported, see http://www.fitbit.com/devices.

1. Open the Fitbit app.
2. Tap the menu button.
3. Tap Devices.
4. Choose Force.
5. Tap Silent Alarm.
6. Tap Add a new alarm.
7. Tap Next.
8. Tap Add a new alarm.
9. Tap the time to enter a time.
10. If you prefer, tap the Repeats checkbox and tap the days of the week you want this alarm to repeat.
11. Tap Done.
12. Tap the Sync tracker to save alarms button.

NOTE: Make sure your Force is nearby in order to sync your alarm. To manually sync the alarm, tap the Menu button > Device Settings > choose Force > tap the Sync Now icon.

Dismissing silent alarms

Your Force will vibrate when your silent alarm goes off and the screen will flash. This notification will repeat several times until dismissed. You can dismiss the alarm by pressing the button on the side of the Force. If you do not dismiss the alarm, it will repeat after nine minutes.

Battery Life and Power

Battery life

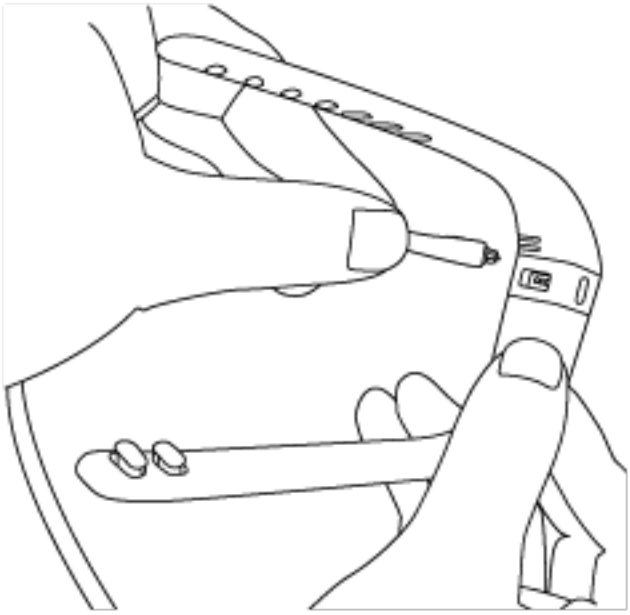
Your Force contains a rechargeable lithium-polymer battery.

With normal use, your fully charged Force should last about 7 to 10 days before needing a charge. You can check the level of your battery by logging into Fitbit.com and clicking the gear icon on the top-right corner of the page.

When you press the button on your Force to cycle through your stats, the first screen will show a battery if there is approximately one day or less of battery life remaining.

Charging your Force

To charge your Force, plug the charging cable into the USB port on your computer and plug the other end into the port on the back of the Force.



Charging completely takes an average of one and a half to two hours.

Memory

When you sync your Force, your activity data is uploaded to your Fitbit.com dashboard. Your Force holds detailed minute-by-minute information for the most recent 7 days, and up to 30 days of daily activity summaries.

Your recorded data consists of steps taken, distance traveled, calories burned, floors climbed, very active minutes, and sleep tracked.

Sync your Force regularly to have the most detailed data available to view on your Fitbit.com dashboard.

NOTE: Your Force starts tracking your goal for the next day at 12:00AM for the time zone selected in your personal settings on your Fitbit.com account. You can adjust your time zone at http://www.fitbit.com/user/profile/edit.

Though your stats reset to zero at midnight this does not delete the previous day's data; that data will be uploaded to your Fitbit.com dashboard the next time you sync your Force.

Your Fitbit.com Dashboard

Browser requirements

Browser	Mac Version	Windows Version
Apple Safari	5.0.5 and higher	Not supported
Google Chrome	12 and higher	12 and higher
Microsoft Internet Explorer	Not supported	8 and higher
Mozilla Firefox	3.6.18 and higher	3.6.18 and higher

Using your dashboard

Fitbit provides you with a free online tool to help track, manage, and evaluate your fitness progress.

When you log into Fitbit.com, you will automatically be taken to your dashboard. Your dashboard shows an overview of your progress towards your goals, as well as graphs with historical data.

Logging food, activities, and sleep

From your dashboard, you can launch individual log pages to keep track of your food, activities, sleep, and other custom trackers. Custom trackers are available to log anything we have not already provided a tracker for; for example, you may want to track how many sit-ups you do per day or how many caffeinated beverages you consume.

Device info

You can see a quick preview of your tracker's last sync, battery level, and upcoming alarms if you click on the gear icon in the top-right corner of the page.

Managing your Force from Fitbit.com

Manage your tracker from Fitbit.com by clicking the gear icon in the top-right corner of the page, clicking Settings, and choosing Devices from the left sidebar.

The Devices screen allows you to change:

- Display Settings: Hide and show items to customize what you see on your Force's OLED display. You can also drag items up and down to change the order in which they appear.
- Main Goal: Choose which goal you want your Force to track for you throughout the day. You can edit the value of this goal from the Fitbit.com dashboard or your mobile device using the Fitbit app.
- Clock Display: Choose from three different clock styles.
- Dominant Hand: Choose which wrist you wear your Force on to get the most accurate data readings. More information on this topic is located here.
- Sleep Tracking: Set the sensitivity of your sleep tracking by changing this setting. The Normal setting is sufficient for most people. If you are a sound sleeper, you can choose Sensitive to capture the smallest movements of your body.

You can manage silent alarms by clicking Silent Alarms from the left sidebar.

NOTE: You must sync your Force in order to apply any changed settings to your tracker.

Updating Fitbit Force

Fitbit may release free updates for your Force. You can update your Force using Fitbit Connect on your computer or the Fitbit app on your mobile device.

We recommend that you keep your Force up to date. The latest feature enhancements and product improvements are made through updates.

NOTE: Updating your Force takes about 5 to 7 minutes and is demanding on the battery. It is recommended that you charge your Force prior to updating or while the update is in progress.

Updating Force on a computer

To update your Force on a Mac or PC:

1. Click the Fitbit Connect icon near the time and date.
2. From the Main Menu, choose Check for device update.
3. Log in to your account using your Fitbit.com credentials. Fitbit Connect will now look for your Force.

NOTE: Make sure your wireless sync dongle is plugged in.

4. If an update has been found for your Force, Fitbit Connect will display a progress bar indicating that the update is in progress. Keep your Force close to your computer while you perform the update.

You'll see a notification when the update completes.

If you have trouble updating your Force on a computer, see http://help.fitbit.com.

Updating Force on an iOS device

Your Force can be updated using the Fitbit app for iOS, if your iOS device is compatible with the wireless sync feature. To see if it is compatible, go to http://www.fitbit.com/devices.

1. Open the Fitbit app.
2. Tap your tracker name at the top of the app dashboard. If an update is available, the option Update Available will appear in pink toward the top of this screen.
3. Make sure your tracker remains near your iOS device while it updates. You can make your tracker easier to find by pressing its button to wake it up.

You'll see a notification when the update completes.

If you have trouble updating your Force with the Fitbit app for iOS, see http://help.fitbit.com for more information.

Updating Force on an Android device

Your Force can be updated using the Fitbit app for Android if your Android device is compatible with the Wireless Sync feature. To see if it is compatible, go to http://www.fitbit.com/devices.

1. Open the Fitbit App.
2. Tap the Menu button.
3. Tap Devices.

NOTE: Make sure Use Bluetooth is checked.

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4. Choose Force from the menu.
5. If there is an update available, tap the Update Available button at the top of this screen.

NOTE: Make sure your Force remains near your Android device while finding and updating it.

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6. When the update completes, the Fitbit app will say “You’re all set!”

If you have trouble updating your Force with the Fitbit app for Android, see http://help.fitbit.com for more information.

Fitbit Force General Information & Specifications

Sensors and motors

Your Force uses a MEMS 3-axis accelerometer that measures your motion patterns to determine your steps taken, distance traveled, calories burned, very active minutes, and sleep quality. Its altimeter also measures floors climbed. Force also contains a vibration motor, which allows it to vibrate when alarms go off.

Size

	Length	Width
Small wristband	5.5 – 6.9 in 140 – 176 mm	0.76 in 19.2 mm
Large wristband	6.3 – 8.2 in 161 – 209 mm	0.76 in 19.2 mm

Environmental conditions

Operating Temperature	-4° to 113° F (-20° to 45° C)
Non-operating Temperature	-22° to 140° F (-30° to 60° C)
Water Resistant	Device is splash proof and should not be submerged more than one meter.
Maximum Operating Altitude	30,000 feet (9,144 m)

Help

Troubleshooting and assistance for your Force can be found at http://help.fitbit.com.

Return policy and warranty

Warranty information and the Fitbit.com Store Return Policy can be found online at http://www.fitbit.com/returns.

Regulatory and Safety Notices

Model Name: FB402

USA: Federal Communications Commission (FCC) Statement

This device complies with FCC part 15 FCC Rules.

Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

FCC Warning

Changes or modifications not expressly approved by Fitbit, Inc. could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

Cet appareil est conforme aux conditions de la FCC et IC en matière de RF dans des environnements publics ou incontrôlée

Canada: Industry Canada (IC) Statement

IC Notice to Users English/French in accordance with RSS GEN Issue 3:

This device complies with Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions:

1. this device may not cause interference, and
2. this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositive

CAN ICES-3 (B)/NMB-3(B)

FCC ID XRAFB402

IC ID 8542A-FB402

EU (European Union)

Declaration of Conformity with Regard to the EU Directive 1999/5/EC

Fitbit Inc. is authorized to apply the CE Mark on Force, Model FB402, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC and other applicable Directives.

CE

Compliant with the standard R&TTE 99/CE/05

Conforme à la norme R&TTE 99/CE/05

Other

J00074

Complies with IDA Standards DA00006A

N30032

TA-2013/1263 Approved

אישור התאמה 63-63079

אין לבצע כל שינוי טכני בחלק המודולארי של המוצר.

" 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다. "

-. 사용 주파수 (Used frequency): 2402 MHz-2480 MHz

-. 채널수 (The number of channels): 40

-. 공중선전계강도 (Antenna power): 1.9 dBi

-. 변조방식 (Type of the modulation): Digital

-. 안테나타입 (Antenna type): Vertical

-. 출력 (Output power): 4.2 dBm/MHz E.I.R.P.

-. 안테나 종류 (Type of Antenna): Stamped Metal

KCC approval information

1) Equipment name (model name) : 무선데이터통신시스템용 특정소출력무선기기 FB402

2) Certificate number : MSIP-CRM-XRA-FB402

3) Applicant : Fitbit, Inc.

4) Manufacture: Fitbit, Inc.

5) Manufacture / Country of origin: P.R.C.

Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12: 2011.

The complete Declaration of Conformity can be found at www.fitbit.com/force/specs

Important Safety Instructions

- Read these instructions.
- Keep these instructions.
- Heed all warnings
- Follow all instructions
- Do not attempt to open the tracker. Substances contained in this product and/or its battery may damage the environment and/or human health if handled and disposed of improperly.
- Do not tamper with your Force.
- Do not use abrasive cleaners to clean your Force.
- Do not place your Force in a Dishwasher, Washing Machine or Dryer.
- Do not expose your Force to extremely high or low temperatures.
- Do not use your Force in a sauna or steam room.
- Do not leave your Force in direct sunlight for an extended period of time.
- Do not leave your Force near open flames.
- Do not dispose of your Force in a fire. The battery could explode.
- Do not attempt to disassemble your Force; it does not contain serviceable components.
- Never allow children or pets to play with the Force; the small components may be a choking hazard!

Built-in Battery Precautions

- Do not attempt to replace your Force's battery. It is built-in and not changeable.
- Charge your Force using a certified computer, powered hub or power supply.
- Charge the battery in accordance with the instructions supplied with this guide.
- Use only the charger cable that shipped with your product to charge the battery.

For the most up-to-date Safety and Regulatory Information, please visit the product specific section at http://help.fitbit.com

Disposal and Recycling Information

The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly

be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local electrical and electronic equipment waste management authority or the retailer where you bought the product.

Le symbole sur le produit ou sur son emballage signifie que ce produit à la fin de sa vie doit être recyclé séparément des déchets ménagers ordinaires. Notez que ceci est votre responsabilité d'éliminer les équipements électroniques à des centres de recyclage afin d'aider à préserver les ressources naturelles. Chaque pays de l'Union européenne a ses centres de collecte et de recyclage pour le recyclage des équipements électriques et électroniques. Pour plus d'informations ou trouver un centre de recyclage, contactez votre commune ou le magasin où vous avez acheté le produit.

- Do not dispose of the Force with household waste.
- Batteries are not to be disposed of in municipal waste stream and require separate collection.
- Disposal of the packaging and your Force should be done in accordance with local regulations.

fitbit force™

Wireless Activity + Sleep Wristband